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Your essential daily news | WEEKEND, JULY 29-AUG. 1, 2016

High 25°C/Low 18°C Partly cloudy



Two girls enjoy the Himalaya, which was part of a fair on the Halifax Waterfront on Thursday, one of many things happening this weekend.

JEFF HARPER/METRO

FUN 'FAX

It's the long weekend — and we've got you covered for things to do
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WEEKEND SPECIALS FRI-SUN

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BAYERS LAKE

Halifax may pony up to help demystify Mystery Walls



Zane Woodford
Metro | Halifax

For a few thousand dollars, the municipality may soon have a hand in solving a great mystery right in our own backyard.

Cue the spooky music.

The Bayers Lake Mystery Walls sit on municipally owned land near the back of the Bayers Lake Business Park, at the corner of Highways 102 and 103.

Discovered in the 1990s during land surveys for the park, the walls were dubbed mystery walls because no one actually knows how old they are, who put them there, or why they're there at all.

According to halifaxtrails.ca, the most likely theories say the walls were likely used as "a defensive structure for the back end of Halifax, a military supply depot, or as a training ground for the siege of Fortress Louisbourg."

At Thursday's meeting of regional council's Community Planning and Economic Development Standing Committee, the committee voted to recommend that council approve a grant of about \$5,000 to try to answer those questions.



John Bignell, left, and Terry Deveau of the Nova Scotia Archeology Society look over a section of wall in Bayers Lake.

JEFF HARPER/METRO FILE

“Are they 5,000 years old, are they 1,000 years old, or are they actually only 100 years old, and then it's not that big a deal? Coun. Wayne Mason

"Are they 5,000 years old, are they 1,000 years old, or are they actually only 100 years old, and then it's not that big a deal? That's the important thing to determine," Coun. Wayne Mason, chair of the committee, said on Thursday.

The Nova Scotia Nova Scotia Archaeology Society wants

to use an X-Ray Fluorescence (pXRF) system "in order to analyze soil chemistry in and around the site."

According to the proposal from the Society, that system "provides a fast, non-destructive analytical method for the analysis of elemental composition in a wide range of sam-

ples, with microscopic spatial resolution," meaning it can help them figure out how old the walls are without digging into the soil around them.

"We anticipate two days of fieldwork to collect sufficient samples to characterize the five-sided structure and its immediate surroundings," the proposal reads.

The Society also wants to include the public, and says in its proposal that they could run a site tour, or even a workshop or symposium.

+ COSTS

The pXRF system needs to be rented from a lab in Ontario for a total of \$7,475. Saint Mary's University, which will have an archaeologist on site to supervise the work, is donating \$2,000.

The municipality is being asked to provide the remainder.

THEATRE

\$50K for Neptune upgrades proposed

A Halifax committee is recommending regional council give Neptune Theatre a \$50,000 grant towards its upcoming renovations.

The upgrades to Neptune will happen during this season and the next, including new seating in both Fountain Hall and Scotiabank Studio, new digital signage, and improvements to the theatre's box office system.

At its meeting on Thursday, Halifax regional council's Community Planning and Economic Development Standing Committee recommended council approve a contribution of \$50,000 to the \$3.6 million project.

The federal and provincial government announced contributions of nearly \$1 million, and \$100,000 respectively, in March.

"Our government really believes in the importance of arts and culture," federal Heritage Minister Mélanie Joly told reporters after that announcement.

She said arts and culture are important to her government's "economic growth vision," and that people like those involved in Neptune are an important part of Canada's "innovation ecosystem."

The theatre had asked the municipality for \$100,000, but based on municipal policies, plus tax relief and another grant that staff say add up to nearly \$500,000 annually, they recommended only granting \$50,000.

ZANE WOODFORD/METRO



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VIDEO GAMES

Female Pokémon Go player solicited for sex



Philip Croucher
Metro | Halifax

A woman playing Pokémon Go in the Halifax area has been solicited for sex.

In a release issued by Halifax Regional Police, the force says they were called to the area of Mainland Common in Clayton Park around 3:45 p.m. Wednesday about a suspicious incident.

According to police, the 20-year-old victim said she was in the area to retrieve items from the popular game when she "was approached by an unknown man who attempted to solicit her for

+ HAVE A TIP?

■ Anyone with information is asked to contact Halifax police or Crime Stoppers.

sex," a release stated.

The woman refused, but police say the man continued to persist.

The woman eventually left the area and contacted police.

The suspect is described as being between the ages of 20 and 30, with black hair and a mole on his cheek. He was wearing a black shirt, white shorts and spoke with an accent.

CRIME

Man kicks, punches officer during arrest

A 41-year-old man is facing charges that include assaulting a police officer and breaking and entering after an incident that occurred in Halifax.

In a media release, police said at 8:15 p.m. Wednesday, an off-duty Halifax Regional Police officer was told a man was breaking into a home on Creighton Street.

The officer located the man inside the home, identified himself

as a police officer and escorted the man outside of the home.

When the pair reached the sidewalk, the man allegedly kicked the officer and tried to punch him.

Steven Probert is scheduled to appear in Halifax provincial court Thursday to face two counts of breach of probation in addition to assaulting a police officer and breaking and entering. METRO

LOWER SACKVILLE

Gas station robbery under investigation

Halifax police are investigating after a service station was robbed in Lower Sackville.

Just before 9:30 p.m. Wednesday, a man entered a service station on Sackville Drive and demanded money from the cashier, according to a Nova Scotia RCMP release.

The cashier handed over a sum of money, and the suspect ran away. The suspect did not use a weapon, and no one was injured.

He is described as a white man in his 30s with a thin build. He was wearing a hoodie and ball cap at the time, which police found at nearby business. METRO



COURT SANDESON BAIL REVIEW ADJOURNED INDEFINITELY A bail review for a Dalhousie medical student accused of murdering a fellow student has been adjourned indefinitely. William Sandeson, left, was denied bail last October, however his lawyer had asked for a review of the decision. A hearing was set for Thursday in Nova Scotia Supreme Court, but Sandeson's lawyer adjourned it indefinitely. Sandeson is scheduled to stand trial next April on a charge of first-degree murder related to the death of Taylor Samson in August 2015. THE CANADIAN PRESS

Reported taxi sexual assaults on the rise

ANALYSIS UNIT

Police add two incidents, bringing total to 14 since 2012



Rebecca Dingwell
For Metro | Halifax

Halifax police are now saying there were two more reported sexual assaults in taxis since 2012 than they had previously

reported.

On Monday, police said there'd been 12 incidents reported since 2012. A release from police on Thursday says, "Upon further analysis, it was determined that there had been two additional incidents; one in 2012 and the other in 2015."

Halifax police are now saying there were two more reported sexual assaults in taxis since 2012 than they had previously reported.

According to Halifax Regional Police spokesperson Const. Alicia Joseph, the Crime Analysis Unit had to look at each

sexual assault file and determine if a taxi cab or driver was involved.

"They were still looking at them and then realized that they had missed two," said Joseph. "So, they've added them in and we've updated the public."

The one added in 2012 means police now say there were three in that year. The added case, they said, was closed due to lack of solvability.

The case added in 2015 brings that year's total to four cases. That one was closed due to a lack of solvability as well.

+ INCIDENTS

Reported sexual assaults in past five years.

- 2012: 3 cases
- 2013: 1 case
- 2014: 1 case
- 2015: 4 cases
- 2016: 5 cases

Joseph didn't give a number of how many files were looked at, but she said it would have been "a significant amount" since 2012.



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THINGS TO DO IN HALIFAX THIS HOLIDAY WEEKEND

From buskers and basketball to Natal Day fun

HALEY RYAN METRO

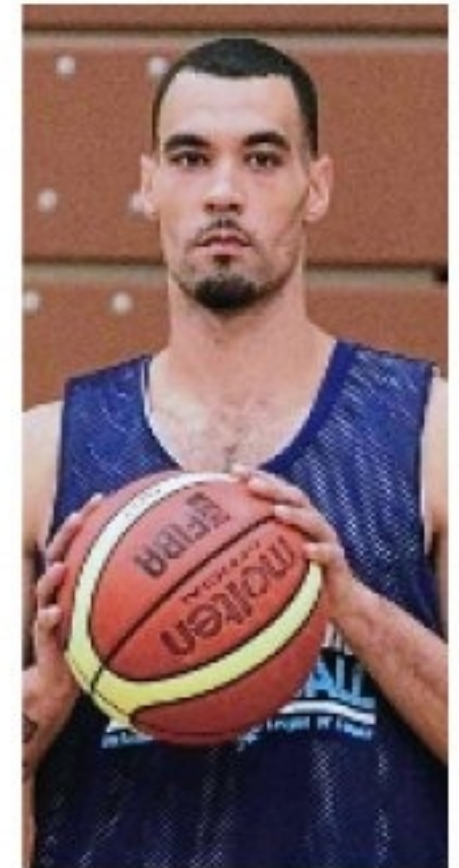
1 Buska move

The **Halifax International Busker Festival** has come to Halifax for its 30th year with more than a dozen performers including silent clowns, ventriloquists, sword-swallowers, strong women, acrobats, dancers, musicians and much more spread out along the Halifax waterfront until Monday. The five stages include Nathan Green square, Maritime Museum, Sackville and Bishops landings, and Historic Properties. Admittance is free, but make sure to leave a tip in the hat. Shows run from 12-10 p.m. most days. Oh, did we mention there was a fair, too. Check buskers.ca for a full schedule.



2 Tyler Richards honoured

On Saturday **Full Court 21** is coming to the Oxford School outdoor basketball courts on North Street from 12-6 p.m. as part of the international competition where players go one-on-one, all vying for an opportunity to go to the world final in New York. According to the event's Facebook page, the Halifax event is being held in honour of Tyler Richards, using the hashtag #restinpower. The former Halifax Rainmen player was killed this April, and has been remembered as an inspiration to young athletes.



3 Disney fun

Cute kids? Check. Disney songs? Check. Supporting a free music program for children? Double check. The **Halifax Music Co-op** is hosting a Sistema Fun-Raiser on Saturday with colouring, snacks and a silent auction to raise money for the Sistema program that provides free music education to kids with a choir and violin lessons. Come sing along with kids in costume to Disney classics like *When You Wish Upon A Star* and *Can You Feel the Love Tonight*. The event runs 2-4 p.m. at the Music Co-op space at 2164 Barrington St.

4 Jamaican independence

The holiday Monday is also a time to celebrate the Caribbean diaspora as the Jamaican Cultural Association of Nova Scotia hosts its third annual Jamaican Independence Day Celebration on the Halifax South Common. Come out to learn about this dynamic culture and grab some great food. There will be raffles and prizes, games, a silent auction, domino tournament, lots of Jamaican and Caribbean dishes, and performances of drumming, dance, and poetry, with music by Arizona Sound. Event runs 12-9 p.m.



5 Natal Day

Happy birthday Halifax! There's four full days of festival events this Halifax-Dartmouth Natal Day weekend as the municipality turns 121. The mostly free activities kick off Friday and run until Natal Day Monday, an Old Tyme Country Fair at Alderney Landing with mini-putt, turnip bowling and live music leading up to the harbour fireworks at 10 p.m. Saturday, Family Celebration with games and bouncy castles on the Halifax Common Sunday, and the parade on Monday in Dartmouth at 10:30 a.m. from Windmill Road down Alderney Drive. Visit natalday.org for details.

HOLIDAY

What's open, what's closed for Halifax on Natal Day Monday



Yvette d'Entremont
Metro | Halifax

If you're hoping to sail out of the Natal Day weekend with some good food and drink, keep in mind that while grocery and liquor stores are open on Natal

Day Monday, you do need to stock up before the evening.

In the Halifax region, Sobeys, Atlantic Superstore and NSLC locations (besides those in malls) are open from noon to 6 p.m. on Monday.

Mic Mac Mall, Park Lane and the Halifax Shopping Centre are all open from noon to 5 p.m.

while Scotia Square is closed all day.

Many drug stores are open until 5 p.m. or on a reduced schedule, so call ahead before you go.

Independent liquor stores and other establishments are open with varying hours on Natal Day, so it's always best

to call ahead or visit the business's website regarding hours of operation in order to avoid disappointment.

All Halifax library branches and banks are closed on Monday, Canada Post offices are closed with no collection or delivery of mail on Natal Day, but their website advises that

"post offices operated by the private sector will be open according to the hours of service of the host business."

All Otter Lake facilities, the two composting facilities and the municipal recycling plant will be closed on Monday and open for regular hours on Tuesday.

+ TRANSIT

Buses are operating on a holiday schedule on Natal Day. Keep in mind they still require the regular fare.

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POLITICS

Opinion polls lead to cost concerns

The Nova Scotia government spent more than \$250,000 in single year on public opinion polls and surveys, raising concerns about transparency and cost.

According to documents obtained by The Canadian Press through access to information legislation, the Nova Scotia government commissioned 28 polls, surveys and focus groups worth \$252,875 between May 1, 2015 and April 28, 2016.

The topics of the reports run the gamut from assessing activity on the Nova Scotia government website to asking the public how often they pay for services "under the table."

Kevin Lacey, a spokesman for the Canadian Taxpayers Federation, said the province shouldn't be using taxpayer dollars to conduct such polls and should be making evidence-based decisions on policy.

"Taxpayers shouldn't be governed by polls. They should be governed by a government that looks at the issues and makes the best decision possible in the best interest of the province and for the taxpayers at large," said Lacey in a recent interview.

Elizabeth MacDonald, a spokeswoman for the province, said government-commissioned polls, surveys and focus groups are a worthwhile investment because the research helps inform policy decisions and enhances the delivery of services.

"We want to hear what Nova Scotians have to say on issues important to them, and we want to be sure that Nova Scotians are aware of the programs, services and

+ EXPERT VIEW

Howard Ramos, a professor of sociology at Dalhousie University in Halifax, said it's not uncommon for governments to conduct public opinion polls.

He said consulting with the public is an important aspect of the government's mandate. "If you're a government, you want to make sure you're responding to the needs and interests of your population," said Ramos.

government decisions that affect them," said MacDonald in an email statement.

For example, the government conducted surveys about Service Nova Scotia centres and the data helped inform the province's decision not to proceed with an "alternative service delivery" option for government registries, said MacDonald.

According to the documents, three surveys were conducted between August 2015 and March 2016 about Access Nova Scotia and cost a total of \$11,100. A March 2016 report said overall opinion of Access Nova Scotia was consistently favourable.

\$48,650

Cost of the most expensive project was a survey conducted Research for the Health Department on the "Attitudes and perceptions of publicly funded home care."

"Most residents who have visited a centre or office continue to offer favourable opinions of the centre or office. In fact, little dissatisfaction is evident," the Corporate Research Associates report said. The results of the surveys were all accurate within 4.9 percentage points, 95 times out of 100.

THE CANADIAN PRESS



Federal Health Minister Jane Philpott, left, and Premier Stephen McNeil attend the launch of MyHealthNS, an online health tool to improve access to doctors and access to care, in Halifax on Thursday. THE CANADIAN PRESS/ANDREW VAUGHAN

New digital health care system for province

MEDICINE

Patients can now get test results sent to their phones

A new online portal that will deliver medical test results to Nova Scotians via smartphones is the kind of innovation that's long overdue in Canadian health care, says the federal health minister.

Jane Philpott was in Halifax on Thursday for the launch of the MyHealthNS portal, which has been tested for the past three years in a pilot project involving 30 family doctors and 6,000 patients. Philpott, who worked

as a family doctor, said using technology to create a single patient record is part of improving overall primary care. "This is exactly the kind of innovation that we need to see more of. This is an important step along the way."

Philpott said when it comes to "people-centred" services and technologies, she sees banks and credit card companies leading the way. "I look at the kinds of cloud technology that's being used all over the world," she said. "Health care is way behind folks, you and I know it and we've got to catch up." The cost of Nova Scotia's new system is \$13.3 million over the three-year implementation period, with \$10 million from the federal government and

“Health care is way behind. You and I know it and we've got to catch up”

Jane Philpott

\$3.3 million from the province.

The initial rollout will serve the Halifax, South Shore and West Hants areas with plans to expand the system province-wide beginning early next year — making Nova Scotia the first in Canada to do so. The MyHealthNS system is being implemented through McKesson Canada's RelayHealth.

David Mosher, the company's program director, said

the secure portal can be reached through any device that has Internet access. He said patients would see a dashboard divided into sections for health records, messaging doctors, and for downloading data. "A patient can just click on 'add' and put in data themselves, but the important thing is that it also lists where the source came from," said Mosher. "When a clinician is looking at this information later they can see whether it came from a patient or one of their colleagues."

Nova Scotia's Health Department says the system will allow patients to manage their own health information to the point of saving some visits to health clinics in order to get some test results. THE CANADIAN PRESS

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Arrival of NewLeaf 'means a great deal'

AIR TRAVEL

Huge lift for Nova Scotia's economy and tourism



Rebecca Dingwell
For Metro | Halifax

NewLeaf Travel — a discount airline seat reseller — made its first Halifax touchdown on Thursday.

The plane (owned and operated by Flair Airlines) brought 148 passengers from Hamilton, Ont. Patti Waller was set to be a passenger on NewLeaf's outgoing flight from Halifax to Hamilton.

"(Hamilton) is closer to where my best friend lives, so it's more convenient — smaller airport," said Waller. "It's much easier to get in and out of than Toronto."

After a false start in the winter, NewLeaf resolved its licensing dispute with the Canadian Transportation Agency and announced its decision to relaunch. The company, which offers non-stop routes to 11 places in Canada, is up in the air as of July 25.

Ian Arthur, the Chief Commercial Officer for Halifax International Airport, said NewLeaf's arrival in Halifax "means a great deal."

"For the Nova Scotia Tourism and economy, that's a huge lift," he said.

NewLeaf CCO Dean Dacko said he's been getting positive feedback from the passengers.

"They are just so thrilled to be able to affordably visit more friends and family and see this part of the country," said Dacko. "A number of folks living in the central part of Canada or western Canada don't get to at all." — WITH FILES FROM NICOLE GNAZDOWSKY



NewLeaf Travel's inaugural in-bound flight at Halifax Stanfield International Airport taxis through mist on the runway Thursday. JEFF HARPER/METRO

NORTHUMBERLAND STRAIT

Politicians question lack of ferry service

Northumberland Ferries says it is doing the best it can under the circumstances.

The Caribou, N.S. to Wood Islands, P.E.I. ferry service has come under a lot of criticism from its users lately as it operates with one vessel.

The MV Confederation is making an extra crossing across the Northumberland Strait to help ease of the burden while the MV Holiday Island is in Quebec for repairs.

"We recognize and regret the inconvenience to our customers caused by this service disruption and appreciate the efforts of our employees to assist in lessening the impact," said Donald Cormier, vice-president of operations and safety management for Northumberland Ferries.

"Work on the MV Holiday Island continues and we will advise as soon as we are able

to project a return to service date for the vessel."

Local provincial politicians on both sides of the Strait have questioned why a second ferry hasn't been brought into service. Cormier said the company is looking at all possible options but it is usual for any "seaworthy large ferries to be unused during the northern hemisphere summer".

The company said it has restructured its operating schedule and sailing schedule that includes a night-time round trip primarily targeted for truck traffic.

Meanwhile, Transport Canada is working with the operator, Northumberland Ferries Ltd, to complete the repairs required to bring the vessel back into service as soon as possible.

TC MEDIA



We recognize and regret the inconvenience to our customers caused by this service disruption.
Donald Cormier

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WEEKEND ROW ROW ROW YOUR BOAT A group rows a boat in the Halifax Harbour on Thursday. Environment Canada is calling for warm weather throughout the weekend as the muggy temperatures continue. JEFF HARPER/METRO

ARSON

Police search for suspect in string of garbage fires

Queens District RCMP are asking the public to help them solve a series of fires they believe to be arson in Greenfield.

According to a release, multiple green bins and garbage bins have been destroyed by fires police believe were intentionally set. Since mid-July, there have been six of these incidents.

Police say residents of the community are concerned about the damage that has been caused. They are also worried that these fires may lead to homes and wooded areas being burnt as well.

Queens District RCMP is asking anyone with information about these fires to contact them or Crime Stoppers.

REBECCA DINGWELL/FOR METRO

Prison death details sparse, inconsistent, new study finds

INCARCERATION

Investigator says there's no reason to keep families in dark

Families with relatives who die in federal jails aren't consistently getting the full story of what happened, sometimes waiting for a year or more for heavily censored investigation reports, Canada's correctional investigator said Thursday.

Howard Sapers provided some of the preliminary findings from his agency's year-long study Thursday during a talk at the International Society

for the Reform of Criminal Law meeting being held in Halifax.

He told the gathering of judges and lawyers that his investigators looked at uncensored investigations and compared them with what families receive, and concluded that most of the information should have been provided in writing or through oral briefings.

"There is little consistency. In fact there's tremendous inconsistency in how the information is received," he said during his presentation.

He said in one case the family received a heavily censored report three years after they were told they had to apply through the Access to Information Act.

"It's my perspective that if a family asks for it (the investigation report), they're entitled to it," he said in an interview after his talk.

In 2015-16, 65 people died in Canadian federal prisons, including 39 from natural causes, nine suicides, five overdoses and eight from undetermined causes.

The investigation was in response to three separate complaints to Sapers' office from families dissatisfied with the information they received after deaths of relatives in prisons.

The full report, with nine recommendations, is expected early next week.

The Correctional Service of Canada said in an email it is

aware of the upcoming publication of "In the Dark: An investigation of death in custody information sharing and disclosure practices in federal corrections."

A spokeswoman said the agency plans a response at that time, and did not offer comment on Sapers' preliminary comments.

During his talk, Sapers noted that the Government of Canada officially committed in 2013 to an "open government" declaration that promotes increased access and disclosure of government activities in a timely manner.

"This was recently reaffirmed in a mandate (by the prime minister) to the

president of the Treasury Board," he said.

In each instance of legislation that protects privacy, Sapers noted there is a balancing clause that allows disclosure to the public and to families when it is in the wider public interest to do so.

In an interview following his speech, Sapers said he doesn't believe that revealing more information to families will result in more lawsuits against the federal government.

He said preventing families from seeing information sim-

ply drags out the grieving process and creates deeper suspicions.

"Information is key to enabling family members to piece together the last moments of a family member's life and to help individuals process the event and progress through the stages of grief," he said during his speech.

"Families wanted a sense of what was done to preserve life. ... Families want to know that life-saving measures were taken? ... If there was a homicide in prison, what was done to prevent it?"

THE CANADIAN PRESS

65

Number of people who died in federal prisons in 2015-16.

TRANSCONTINENTAL INC.

Halifax printing plant to close

Transcontinental Inc. says it's shutting down a printing plant in the Halifax area, resulting in about 55 layoffs, by mid-August.

The company says it's selling most of its commercial printing line of business operated from its plant in Dartmouth to Advocate Printing and Publishing Co. Ltd., an independent printer and publisher in Atlantic Canada. Jacques Gregoire, president

of Transcontinental Printing, says the decision was made due to the shifting landscape for some commercial products.

Transcontinental recently sold all of its newspaper assets in Saskatchewan and closed a printing plant in Saskatoon, though it has said its retail flyer operations remain stable.

The company says it will continue to serve its custom-

ers in Atlantic Canada for retail flyers, newspapers and some specific commercial products through its printing network, which includes Transcontinental Halifax, Transcontinental Prince Edward Island and Transcontinental St. John's.

Transcontinental has close to 8,000 employees in Canada and the U.S., with revenues of \$2 billion in 2015.

THE CANADIAN PRESS

CRIME

RCMP investigate break and enter, assaults in N.S.

Yarmouth Rural RCMP are investigating what they are calling a "serious incident."

Shortly before 11 p.m. on Wednesday, two people forced their way into a home, assaulted two of the three occupants and damaged property both inside and outside. Police say the victims did not need medical

treatment.

Officers went to the scene and arrested a 17-year-old girl from Wellington and a 20-year-old man from Brooklyn in a nearby residence. Both of the suspects are known to the victims.

The teenage girl is charged with uttering threats, break and enter, assault and mischief.

The man is charged with break and enter, as-

sault and three counts of mischief.

Both of the accused were held in custody overnight and appeared before a judge Thursday morning.

Both have been released on conditions and will appear in Yarmouth Provincial Court on Sept. 6, 2016.

Police say the investigation is ongoing.

REBECCA DINGWELL/FOR METRO

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Efforts fail to reach Canadians in Turkey

COUP

Arrested men's status as dual citizens makes matter messy

Government efforts to reach two Turkish-Canadians arrested in connection with a failed coup in Turkey earlier this month have so far been stymied.

Davud Hanci and Ilhan Erdem were arrested and detained separately over the past week as Turkish authorities swept up thousands of people it accuses of having supported the July 15 coup attempt, which left more than 200 people dead.

Citing privacy laws, Global Affairs Canada would only say that Canadian officials in Turkey are in contact with local authorities and providing consular assistance to the men's families. A government source, however, confirmed diplomats have not been able to reach Hanci or Erdem.

Both men are dual nationals,

meaning they hold both Turkish and Canadian citizenship. Hanci lives in Calgary and is an imam for both the federal and Alberta correctional services. Erdem lived in Toronto and Ottawa, where he was also an imam, before moving back to Turkey after getting his Canadian citizenship.

Consular officials often have difficulty helping Canadians with dual citizenship who are arrested in their native country. This is particularly true of countries in the Middle East such as Iran, which does not recognize dual citizenships.

Turkey does recognize dual nationalities. However, the U.S. State Department says the Turkish government does not permit Turks with two nationalities and who are arrested in Turkey to contact officials from the other country for help.

"International law on this is non-existent," said Gar Pardy, who served for years as the federal government's head of consular affairs. "All you can do is just keep pushing."

THE CANADIAN PRESS



Davud Hanci, one of two detained Canadians.

TORSTAR NEWS SERVICE

ABDIRAHMAN ABDI

Still few answers in Ottawa man's death



Joe Lofaro
Metro | Ottawa

Many unanswered questions still surround the death of Abdurahman Abdi — and one of the most glaring is what exactly happened before, during and immediately after his violent arrest by Ottawa police.

Records provided by the city and eyewitness videos allow us to start to piece together some semblance of a timeline of the events leading up to the tragedy.

Here's what we know.

Ottawa police were called to the city's Wellington Street West around 9:30 a.m. Sunday. They chased Abdi to his apartment.

The full extent of what happened between the time the officers caught up to Abdi and the time they called paramedics — roughly 15 minutes later — is unclear. Witnesses say Abdi was struck with batons and pepper-sprayed, and Ottawa police Chief Charles Bordeleau said officers called paramedics 23 seconds after it became clear Abdi was in "medical distress."



Abdirahman Abdi
COURTESY FAMILY OF ABDIRAHMAN ABDI

City records show paramedics received the first emergency call at 9:49:19 a.m. Paramedics were dispatched at 9:50:36 a.m.

The first paramedics arrived at 9:56 a.m. — five minutes and 24 seconds after the emergency call.

A paramedic called for back-up because Abdi had no vital signs.

One video shows 10 minutes pass between the time paramedics arrived and the time Abdi received CPR. He is then taken to hospital and put on life support. He was pronounced dead the next day.

U.S. ELECTION

Marching 'toward a more perfect union'

Confronting a "moment of reckoning," Hillary Clinton has cast herself as a unifier for divided times and a tested, steady hand to lead in a volatile world.

"We are clear-eyed about what our country is up against," she said in excerpts released ahead in her speech Thursday accepting the Democratic presidential nomination. "But we are not afraid. We will rise to the challenge, just as we always have."

Clinton said her nomination is a milestone on America's "march toward a more perfect union."

Clinton is the first woman nominee of a major party. She tells the Democratic convention that the achievement is special "for grandmothers and little girls and everyone in between."

But she says the nation must keep going until all 161 million women and girls in the country have the opportunities they deserve.

She says she's happy for boys and men, too, because when a barrier falls, it clears the way for all.

Clinton was introduced by her daughter, Chelsea, who spoke warmly of her mother as a woman "driven by com-



Hillary Clinton waves as her daughter Chelsea looks on during the final day of the Democratic National Convention in Philadelphia on Thursday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

passion, by faith, by kindness, a fierce sense of justice, and a heart full of love."

Clinton's national convention address follows three nights of Democratic stars, including a past and present president, asserting she is

ready for the White House. On the gathering's final night, she was making that case for herself on the convention's final night.

Acknowledging Americans' anxieties, Clinton is vowing to create economic opportunities

in inner cities and struggling small towns. She also says terror attacks around the world require "steady leadership" to defeat a determined enemy.

The first woman to lead a major U.S. political party toward the White House, Clinton

will be greeted Thursday by a crowd of cheering delegates eager to see history made in the November election. But her real audience will be millions of voters who may welcome her experience but question her character.

Clinton's four-day convention began with efforts to shore up liberals who backed Bernie Sanders in the Democratic primary and it ended with an outstretched hand to Republicans and independents unnerved by GOP nominee Donald Trump. A parade of military leaders, law enforcement officials and Republicans took the stage ahead of Clinton to endorse her in the general election contest with Trump.

"This is the moment, this is the opportunity for our future," said retired Marine Gen. John R. Allen, a former commander in Afghanistan. "We must seize this moment to elect Hillary Clinton as president of the United States of America."

American flags waved in the stands of the packed convention hall and the crowd broke into chants of "U-S-A!" drowning out scattered calls of "No more war."

The Democratic nomination now officially hers, Clinton has just over three months to persuade Americans Trump is unqualified for the Oval Office and overcome the visceral connection he has with some voters in a way the Democratic nominee does not.

THE ASSOCIATED PRESS

Merkel vows to protect Germany

EUROPE

Chancellor insists she will stick to asylum principles

Chancellor Angela Merkel pledged Thursday to do "everything humanly possible" to keep Germany safe following a string of attacks — including

two carried out by asylum-seekers and claimed by the Daesh group that she said mocked the country that took in the assailants.

The attacks brought Merkel fresh criticism for her decision last year to welcome refugees. More than 1 million asylum-seekers were registered in Germany in 2015, although the influx has since slowed dramatically.

Merkel said at a news confer-

ence that Germany will "stick to our principles" and give shelter to those who deserve it.

"We will manage this," she said, repeating a mantra she coined last August.

Merkel called for a better "early warning system" against signs of radicalization, faster progress on plans to create a centre to help crack encrypted messages and better international intelligence co-operation, among other measures.

But she said it's too early to say in detail what more may be required beyond the tightening of asylum and security laws already undertaken in recent months.

"Wherever there are gaps, we will have to act — just as we have so far — so that it is clear that we are doing everything humanly possible to ensure security in our free, democratic state of law," Merkel said. THE ASSOCIATED PRESS



German Chancellor Angela Merkel JOHN MACDOUGALL/AFP/GETTY IMAGES

FRANCE

Second attacker on church identified

French officials on Thursday identified the second man who attacked a Normandy church during morning Mass, saying he's a 19-year-old from eastern France who was spotted last month in Turkey as he supposedly headed to Syria — but who returned to France instead.

The prosecutor's office identified him as Abdel-Malik Nabil Petitjean following DNA tests on his corpse. A security official confirmed that he was the unidentified man pictured on a photo distributed to French police on July 22 with a warning that he could be planning an attack.

Four days later, Petitjean and another 19-year-old local man, Adel Kermiche, stormed the church in Saint-Etienne-du-Rouvray during Mass on Tuesday. They held five people hostage before fatally slashing a priest's throat and seriously wounding the other man. The attackers were killed by police as they left the church.

A security official said Turkey spotted Petitjean at a Turkish airport going to Syria on June 10, and that on June 29 he was flagged to French authorities and immediately put on a special watch list.

THE ASSOCIATED PRESS



The rabbin of Rouen, archbishop of Rouen, president of the Regional Council of the Muslim Faith of Haute-Normandie and president of the Union of the Muslims of Rouen attend a tribute to the slain priest. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

IN BRIEF

Pair of military leaders dodge purge in Turkey

Turkey's top military commander, who was held hostage during an attempted coup, kept his post Thursday, while the general who served as acting chief of staff was promoted following a purge in the military. The decisions came after Turkey discharged nearly 1,700 officers suspected of involvement in the attempted coup. An official described the actions as "dishonourable discharges."

THE ASSOCIATED PRESS

Islamic extremists ambush humanitarian convoy

Boko Haram Islamic extremists ambushed a humanitarian convoy escorted by troops in northeast Nigeria on Thursday, wounding three civilians, including a UN worker, and two soldiers, the army and UNICEF said. The attack comes as aid agencies are warning that children are dying of starvation daily among more than 500,000 people in need of urgent help in recently liberated areas. THE ASSOCIATED PRESS



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SO MUCH FOR PALEO Cancer's not a disease of modernity. Bone tumours have turned up in two-million-year-old hominids.

DECODED by Genna Buck

THE ONE DOWNSIDE OF SUMMER

Brain freeze. Also known as ice cream headache. Also known as **sphenopalatine ganglioneuralgia** — or the holy-heck-that-hurts nerve pain you get from slurping cold or frozen treats too fast. What's really going on in your head?



A complex system of nerves, membranes and blood vessels kicks into gear when you lick an ice cream too fast.

Two major blood vessels that supply the brain, the **internal carotid artery** and the **anterior cerebral artery**, meet right around where the ice cream hits.

Pain receptors are located in the **meninges**, the membranes that surround the brain

The **trigeminal nerve** carries the pain signal to your face.

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS Your week in science



ILLUSTRATION BY UKO GORTER

WHALE OF A DISCOVERY

A legend has come to life in the North Pacific after remains of a small, dark beaked whale washed up on an Alaska beach in 2014. Known to Japanese fishermen as *karasu* (the raven) since the 1940s, this whale is indeed a separate species. This has been confirmed following DNA analysis of the remains — a big addition to the club of mammals known to science.

BRIGHT FUTURE

A ray of hope in the fight against climate change: University of Illinois researchers have invented a solar cell that converts greenhouse gases from the air into fuel — using only the sun's energy.

SOUND SMART

PSYCHOSOMATIC

DEFINITION

Psychosomatic symptoms are caused or aggravated by emotional and psychological factors. The pain is real, but the source is the brain, not the part of the body that hurts.

USE IT IN A SENTENCE

Sharon has been getting headaches every day, and she's convinced they have something to do with the new electrical wires near her house. Her doctor thinks the cause is **psychosomatic**.

PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Can the weather really give me a headache?

I had a horrible migraine during a thunderstorm. Is it true weather change can trigger a headache?— Don, Edmonton

Migraine sufferers sure believe that. On surveys, up to 70 per cent say their headaches are affected by weather changes.

Research suggests there's something to that, but there's reason for skepticism. A 2010 textbook on clinical neurology cautions: "Taken together, virtually all aspects of life have been suspected to trigger migraines

... but scientific evidence for many of these triggers is poor."

Studies that compare headache patterns with actual meteorological data, instead of just self-reports, produced mixed results. Several found no relationship between weather changes and headaches.

A few, however, have been more convincing. A 2015 Japanese study compared migraine sufferers with people with common tension headaches during the time a cyclone (a significant change in

atmospheric pressure) swept in. More than 70 per cent of migraine patients, but only 21 per cent of others, reported migraine attacks.

A study of 7,054 migraine patients visiting a Boston emergency room between 2000 and 2007 found a temperature increase of 5 C in the 24 hours before the ER visit increased risk of migraine by 7.5 per cent.

Though the evidence isn't as robust as it could be, I'm more inclined to believe in weather over other proposed migraine

triggers (like wifi and magnetic fields), because there's a plausible mechanism behind it.

It's believed when air pressure increases or decreases during weather changes, blood vessels in the brain compress or expand. This irritates nearby nerves, causing throbbing pain and symptoms like nausea and sensitivity to light. Ouch. That's all too believable to people who suffer from migraines.

Science Question?
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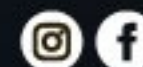


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How a star was Bourne

RETROSPECT

Matt Damon returns to role that cemented his career

Richard Crouse

For Metro Canada



In the latest Jason Bourne movie, Matt Damon will punch, kick and spy master his way to the top of the box office charts.

His previous Bourne films, *Identity*, *Supremacy* and *Ultimatum*, were all hits commercially and critically.

Damon says he owes a great deal to the fictional character.

After the early success of *Good Will Hunting*, *Saving Private Ryan* and *The Talented Mr. Ripley* made him a star, a string of flops cooled his box office appeal.

"Right before *The Bourne Identity* came out," he said, "I hadn't been offered a movie in a year."

Then his career was Bourne again.

"It's incalculable how much these movies have helped my career," he told *The Telegraph*. "Suddenly it put me on a short list of people who could get movies made."

In the spirit of "one for them, one for me" for every film like *The Martian* or the new Jason Bourne, Damon has attached himself to smaller,



"Right before *The Bourne Identity* came out I hadn't been offered a movie in a year," says Matt Damon. CONTRIBUTED

riskier projects.

He lent his star power to *The Good Shepherd*, a low budget film directed by Robert De Niro. It's a spy movie without the bells and whistles we've come to expect from our favorite undercover operatives.

There are no elaborate chase scenes a la James Bond or even the great scenery of the Bourne flicks.

In fact, the only thing *The Good Shepherd* shares with



MOVIE RATINGS by Richard Crouse

Jason Bourne ★★★
Bad Moms ★★★
Café Society ★★★★
Nerve ★★★

HOW RATING WORKS

★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

any of those movies is Damon, who plays Edward Wilson, one of the (fictional) founders of the CIA.

Despite mixed to good re-

views — *USA Today* gave the film three out of four stars — and winning the Silver Bear of the prestigious Berlin International Film Festival, the

movie barely earned back its production costs at the box office.

Ninety per cent of director Steven Soderbergh's job on *The Informant!* was casting this mostly true tale of a highly paid executive-turned-whistleblower who helped uncover a price fixing policy that landed several executives (including himself) in jail.

It's a tricky balancing act to find an actor who can keep the audience on-board

through a tale of corporate malfeasance and personal greed, who can be likeable but is actually a liar and a thief, but Damon is the guy.

The Informant! skewed a tad too far into art house territory to be Soderbergh's new Erin Brockovich-sized hit, but Damon's presence kept the story of accounting, paperwork and avarice interesting. Reviews were kind but *A Serious Man* and *The Twilight Saga: New Moon* buried the film on its opening weekend.

Damon teamed with John Krasinski to produce and co-write *Promised Land*, a David and Goliath story that relied on the charm and likability of its cast to sell the idea that fracking is bad and the corporations who dupe cash-strapped farmers into leasing their land are evil.

It's hard to make talk of water table pollution dramatic but *Promised Land* makes an attempt by giving much of the heavy lifting to Damon.

Done in by middling reviews and "sobering" box office receipts, this earnest and well-meaning movie might have been better served in documentary form.

With an Oscar on his shelf and more than 70 films on his resume Damon is philosophical about the kinds of films he chooses to make, big or small.

"If people go to those movies, then yes, that's true, big-time success," he says.

"If not, it's much ado about nothing."



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Viggo talks the Habs and the have-nots

INTERVIEW

Canadiens fan and actor stars in film about life off the grid

Viggo Mortensen is famously an Oscar-nominated actor — and a major Habs fan.

The star of the moving new drama *Captain Fantastic*, which is getting rave reviews for its portrayal of a family living in isolation off the grid, has donned Montreal Canadiens garb at press conferences and on film sets, including for *The Lord of the Rings* and *A History of Violence*.

Naturally, during a recent phone interview about *Captain Fantastic* (now in theatres), the topic shifted to the team's recent trade of star player P.K. Subban. "I'm sick about it, I'm sad about it," said the New York native, who got a best actor Oscar nomination for the David Cronenberg-directed *Eastern Promises*.

"But it's a team sport, it's not just one guy that makes your team good or bad. So I'm optimistic that maybe it will be good



Viggo Mortensen and his fellow actors had a crash course in survival skills prior to filming *Captain Fantastic*. CONTRIBUTED

in some way, for the collective."

Mortensen even brought a bit of Quebec to the set of *Captain Fantastic*, written and directed by Matt Ross. Mortensen plays a father raising his six children in the forests of the Pacific Northwest, isolated from society with no cellphones or tech gadgets.

When Ben's wife dies, the family is determined to give her the funeral she wanted — rather

than the service her wealthy parents plan for her in the city.

Anti-capitalist Ben loves literature, as does Mortensen (the actor is the founder and editor of Perceval Press), and he used his own books as props. They included titles from Quebec poets as well as Noam Chomsky and Howard Zinn.

He also brought his own canoe, bicycles, plants, clothing

and kitchen items to the set, where he lived before shooting.

Mortensen and the actors who play Ben's children went through a physical and intellectual boot camp of sorts a couple of weeks before shooting.

"We did rock climbing and martial arts and played a lot of music together and spent time together and did woodcraft, tracking, skinning, gut-

ting animals," said Mortensen.

"You name it, we did everything, and by the time we got to the first day of shooting, we knew each other really well."

Mortensen said when he first read the script, he didn't know what to make of the title.

"And then I realized, I guess you could put a question mark after it, it's sort of tongue-in-cheek. It asks more questions

than it answers. It posits that perhaps this is the greatest father in the world and then the next minute you're thinking, 'This guy is a menace to society.'"

Still, he ascribes to some of Ben's views, including his matter-of-fact approach to communication. Poor communication is a problem in many countries, said Mortensen. He also laments those who use new technologies not to learn more about the world but "to reinforce their pre-existing ideologies or points of view in shallow ways."

"There's so much more that we could do and probably will, eventually," he added. "One thing is to go play *Pokemon Go*, and I guess there's nothing wrong with that. Another is to find out exactly what's going on in your government and your community and what people have done in the past when they've come up against obstacles of society, to communication, to war, poverty. There's a lot more that we can learn."

"So I guess this movie made me feel like it's worthwhile, life is short, I want to find out more. That's the way I feel anyway but it just reinforced it tenfold."

THE CANADIAN PRESS

FILM

Nerve: A gritty thriller for the Pokémon Go generation

The invigorating new thriller *Nerve* goes deep into the psychology of the internet with an addictive game that's so fresh, you wonder whether the filmmakers had a tip that the *Pokemon Go* craze was on the horizon.

In the film, based on the 2012

Jeanne Ryan novel, *Nerve* is an app-based game that's all the rage among the kids.

You can choose to be a "player" or a "watcher." Players are given dares by anonymous masses of watchers with the promise of cash prizes at the end of

each dare, which they have to film themselves doing — not dissimilar to Facebook Live or Periscope.

The dares can be as innocuous as kissing a stranger for five seconds, which is how Emma

Roberts' square high school student Vee gets hooked up with Dave Franco's slightly older, slightly untrustworthy character Ian. Or the dares can be as dangerous as dead-hanging off a high-rise.

Nerve is directed by Henry Joost and Ariel Schulman, the men who brought the world *Catfish*, that is-it-real, is-it-fake cultural phenomenon/documentary from 2010 about lying on the internet that birthed the popular television show.

They were excited to jump back into the current state of the internet. A lot has changed in six years, and *Nerve* almost makes *Catfish* look quaint.

"There have been a lot of movies that are fantasy or dystopian that take place in this world that you have to imagine. And we look around and we're kind of already living in a sci-fi movie with the technology that exists today and a lot of really simple things we take for granted," Joost said.

"We've gone so far beyond '1984' that it feels like we just had to tell a story about that."

They collaborated with everyone from teens to a former hacker for the CIA to develop technology that would look and feel believable "five minutes in the future," and also something that



Emma Roberts and Miles Heizer star in *Nerve*. The film is directed by Henry Joost and Ariel Schulman who brought us the slightly creepy, much-talked-about film/documentary *Catfish*. COURTESY NIKO TAVERNISE

wouldn't look as though it required startup money.

The scariest part of *Nerve* is that the game is user generated and promulgated. There is no centre to attack once things start getting out of hand.

This was a change from the novel, which has a shadowy evil genius controlling everything.

"We realized what was actually more insidious and scarier and much harder to control and con-

front is if we're the bad guys," screenwriter Jessica Sharzer said. "It's more truthful to the way the internet works."

Beyond the drug-like thrills of the escalating dares, the film feels part *Risky Business* and part *After Hours*, as Vee and Ian team up to try to win the game — which is also incidentally a popularity contest. Those with the most watchers get to advance. THE ASSOCIATED PRESS

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'Jason Bourne is a violent character'



Matt Damon is running a tight ship to promote Jason Bourne — a film that nine years ago both he and director Paul Greengrass thought would never happen. THE ASSOCIATED PRESS

INTERVIEW

Actor says he understands objections to horrific scenes

It's a sweltering afternoon in Hollywood and Matt Damon has just gotten out of couple's therapy.

Don't worry, it was just with Jimmy Kimmel — a continuation of the fake feud that started over 10 years ago before the two had even met.

"It takes a really surreal turn because we got a real therapist and we play it totally straight," said Damon seated in the green room of Kimmel Studios. After "therapy," Damon had about 10 minutes to do a photo shoot, film an intro for a festival he can't attend and scarf down a salad. This is life on the blockbuster circuit.

Damon, 45, is promoting Jason Bourne, a film that nine years ago both he and director Paul Greengrass thought would never happen. After three movies exploring the story of the super spy created by Robert Ludlum, the last two of which were directed by Greengrass, and a particularly difficult shooting experience with The Bourne Ultimatum, Damon was done.

The name would come up often, though, in meetings and from fans. In 2009, around the time Damon and Greengrass did Green Zone, they flirted with getting another one going but there

just wasn't a story. Universal Pictures, meanwhile, moved on, expanding the Bourne universe with a film focused on another agent played by Jeremy Renner. It did well enough, and a sequel was in the works. Then, in 2014, Greengrass and Damon took a look at the world and realized how much had changed.

"Paul called and said that the first set piece would be an austerity riot in Athens," Damon said. "I'm like, 'OK, we're back.'"

But they made sure to structure their production schedule so they weren't coming up with



Movies are a tool for empathy. I wouldn't do them if I didn't believe that. But violence is part of the human condition.

Matt Damon

the script while they were shooting — as was the case with Ultimatum.

"When you're in production, you're lighting money on fire and you can feel it. What (co-writers) Paul (Greengrass) and Chris (Rouse) did this time, which is great, was they took a whole year and showed up with 120 pages that you want to shoot," Damon said. "We knew once we

said we were going to do it, that we were going to get a release date, so we just got all of our ducks in a row."

And it worked. For Ultimatum, they shot for 138 days. Jason Bourne was a trim 95.

The film, out Friday, is partially about the world of government surveillance, introducing CIA agents played by Tommy Lee Jones and Alicia Vikander. The high octane hunt takes Bourne to the requisite international locales and even a few domestic ones — including Las Vegas, where one set piece features a SWAT vehicle plowing through cars on the strip. It's eerily reminiscent of the recent incident in France.

The marketing team pulled the scene from European ads immediately, he said.

"That was just horrific," Damon said. "None of us felt like it was a copy-cat thing, but we didn't want to be insensitive with those images out there."

It makes him think of the objections to the posters showing him wielding a gun — a sentiment he keenly understands.

"Movies are a tool for empathy. I wouldn't do them if I didn't believe that," he said. "But violence is a part of the human condition and so sometimes you end up playing violent characters. Jason Bourne is a violent character."

He hopes that the series, which has shown Bourne atoning for his actions, has a mindfulness that distinguishes it from others.

THE ASSOCIATED PRESS

INDIGNATION

Former child star changes course

Logan Lerman is already one of the most sought-after young actors in Hollywood. You might then expect the 24-year-old to have a steady lineup of dystopian young-adult adaptations or house-party comedies in the pipeline. But his latest is in a different direction entirely: industry veteran James Schamus' Philip Roth adaptation, Indignation.

The role, Lerman says, is exactly the kind of material he's attracted to, and he doesn't mind turning down more cookie-cutter (and lucrative) parts in order to find his own path.

"Let the other actors take the bad roles," he joked in a recent interview, only using a different word for "bad."

"I'm trying to figure out who I am through the choices I make. I don't know myself well enough. I'm still trying to figure out what person I want to be."

In Indignation, Lerman stars as Marcus Messner, the only son of a Jewish butcher in Newark, New Jersey. While the Korean War is raging, he goes to a Christian college in Ohio, where his rigid principles are challenged by a forward but fragile young woman (Sarah



Logan Lerman stars in James Schamus' Philip Roth adaptation, Indignation. AMY SUSSMAN/INVISION/AP

Gadon) and a rigid and judgmental dean (Tracy Letts).

The directorial debut of Schamus (the longtime writing and producing partner of Ang Lee and the former head of Focus Features), Indignation is a revelation of the maturing talent of Lerman. His performance is subtle and smart, but also with the kind of confident charisma that can make stars out of young actors.

Lerman is also, for the first time, a producer of the film.

He calls it a "glorified credit" but acknowledges a deeper involvement in the process is important to him.

"That's the only way I work now," says Lerman, who's also producing one of his next films, Sidney Hall, a drama about a young novelist overwhelmed by sensation success. "I just want to find films that I like and help them get into production and do whatever I can to make it happen."

THE ASSOCIATED PRESS

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TV BRIEF

Colbert's legal waltz

After CBS Late Show host Stephen Colbert told viewers that lawyers representing his old Comedy Central show said he couldn't be Stephen Colbert anymore, he thumbed his nose at them.

Lawyers representing his old company complained to CBS after he revived the character he played under his own name on The Colbert Report — a clueless, full-of-himself cable news host. They said the character Stephen Colbert was their intellectual property. The audience booed when Colbert, "with a heavy heart," said it has been decreed the character is kaput. He then introduced Stephen Colbert's identical cousin, an interview with himself displaying the same cocked eyebrow expression his old character had.

THE ASSOCIATED PRESS

THE TV DINNER JESSICA ALLEN



The burrata bonanza has been going strong for close to a decade now. I don't remember the first time I tried the pouch-like mozzarella stuffed with oozing cream and curd. But I do know it appeared in the form of a BLT on the cover of August 2007's Bon Appétit. That same year, the Toronto Star's Jennifer Bain wrote that it was "all the rage in New York and Los Angeles," and was "quietly making inroads here."

As far as I can tell, I first wrote about it in 2009, when Simon had a slight obsession with it and I had a beef with its price tag, close to \$40 per sack, if I could even get

There's the possibility, however slight, that I could have been Jason Bourne. Or at least a middle-aged CSIS agent stationed in Italy...

my hands on one. Today, the Cheese Emporium gets in a regular shipment from Puglia (the heel of Italy's boot) every Tuesday. Come Sunday, they had two mini-burrata — about the size of tennis balls — left, which we happily picked up for \$10 a piece. (Yes, we could've managed with one but that would be like trying to fairly split a poached egg: impossible.) We prepared them as we always do: with good tomatoes, olive oil, flakey Maldon salt, basil, and thick slices of grilled bread.

And, as always, there were moans of delight. But I've always wondered, with all the hoopla over exporting the precious cheese here ASAP, what are we missing out on when eating five-day-old cheese? My friend Giovanna, who was raised in Italy and is a chef in the city, once told me that burrata is eaten the same day it's made in Puglia or not at all

THE MOVIE:
Jason Bourne



THE MEAL:
Burrata



because it gets more acidic the older it gets.

Kind of like Jason Bourne. The latest instalment, which opens Friday, sees director Paul Greengrass (The Bourne Supremacy and The Bourne Ultimatum) reunited with Matt Damon. It opens with a now middle-aged Bourne getting by in Greece by going fisticuffs with much larger men for money. But then CIA agent

Nicky Parsons (Julia Stiles) hacks the CIA and uncovers top secret files that will help Bourne better understand his past. Throw in a young billionaire who is concerned with his users' privacy on his social network "Deep Dream," a not-yet-operational CIA surveillance program, "Iran Hand," a grumpy pants CIA director (Tommy Lee Jones) — the kind of guy whose vernacular about

freedom and America is on par with Jack Nicholson's Col. Jessup from A Few Good Men, an ambitious new CIA Cyber Ops specialist (Alicia Vikander) and a reckless asset (Vincent Cassel) who has a personal vendetta against Bourne, and you've got plenty enough to sit back and enjoy the thrilling ride.

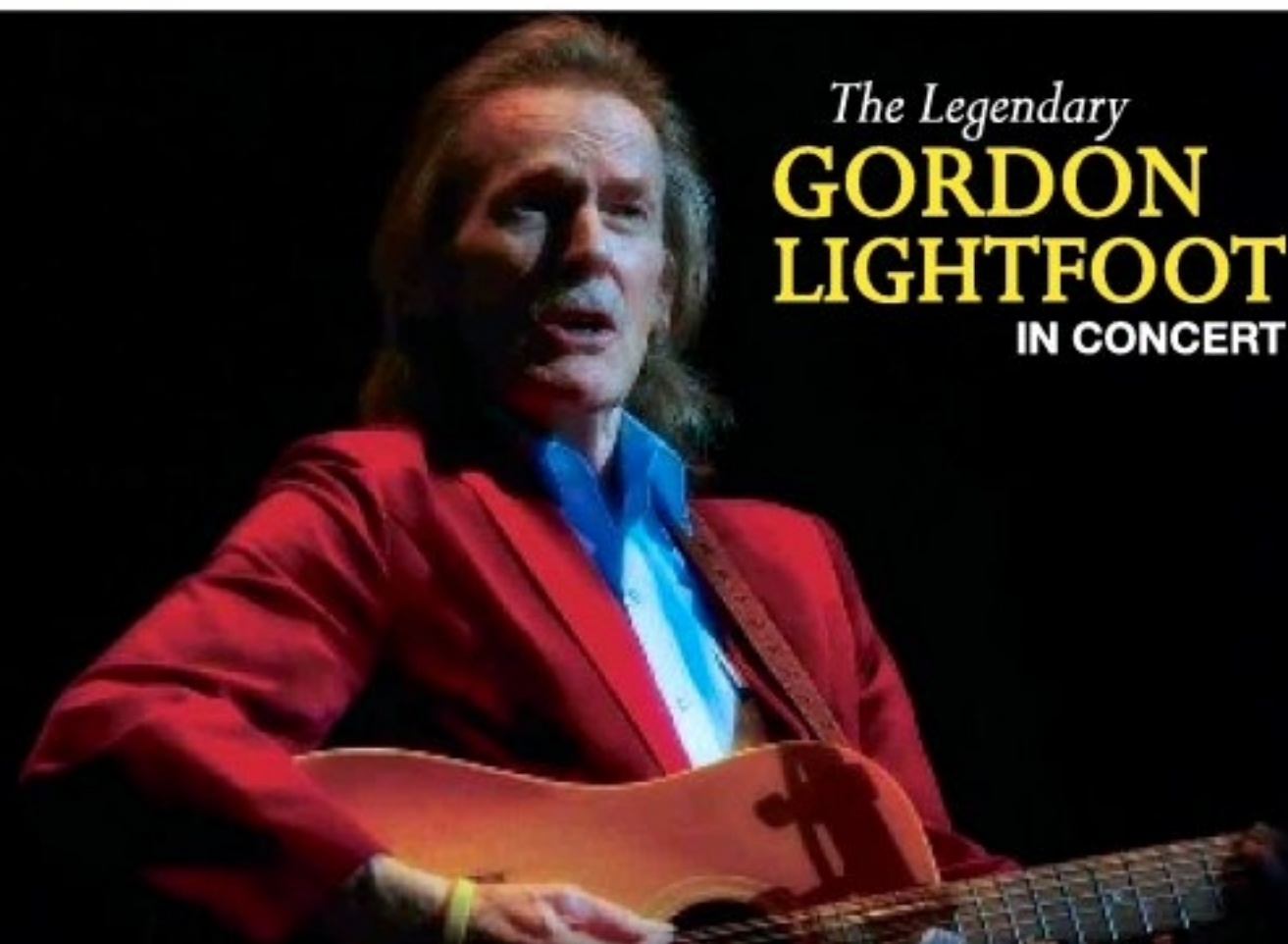
Sure, there are some ham-fisted flashback scenes and plot devices, an epic-but-confusing car chase, and, at times, it felt like Bourne was like: Are you guys seriously after me again? I am literally not doing anything to bother you until you force me to use my skills. And that the CIA was like: Jason Bourne are you kidding me? Again?

But I don't care because yes, I've a strong affinity for this fictional CIA assassin (and Matt Damon.) And yes, I do own the Bourne Blu-Ray box set. Because unlike superheroes, there's the possibility, however slight, that I could have been Jason Bourne.

Or at least a middle-aged CSIS agent stationed in Italy who maxes out all her spy networks to score fresh burrata.

Jessica Allen is the digital correspondent on CTV's The Social.

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The Girls are back in town

TV Also returning is Melissa McCarthy for Netflix series

Melissa McCarthy answered the call for Netflix's Gilmore Girls sequel and made magic again with star Lauren Graham, the show's creator said.

McCarthy's career has soared with movies including Bridesmaids and Ghostbusters since she played Sookie in the 2000-07 series, complicating efforts to fit tapping into her busy schedule, said Amy Sherman-Palladino. But it was inevitable, she added.

"She's the same," she said. McCarthy and Graham "have a weird Lucy-and-Ethel thing that you kind of have to just see it to understand it," Sherman-Palladino said, and played off each other within minutes of reuniting.

Graham said the entire cast, including Alexis Bledel, Scott Patterson and Kelly Bishop, easily connected again.

"Everything was like, 'Oh,



Melissa McCarthy. GETTY IMAGES

here's the chemistry we had from the very first day we met," and it was just a joy to revisit," she said.

The new series, Gilmore Girls: A Year in the Life, includes four 90-minute chapters that will debut globally on Nov. 25.

Sherman-Palladino, who shared writing and directing duties with husband Dan Palladino, said she would have preferred the episodes to be released gradually. She suggested those inclined to spoil the ending for others get "some therapy" beforehand.

THE ASSOCIATED PRESS

TV BRIEFS

Cartoon pulled after character's Qur'an slip

Britain's Channel 5 has removed an episode of children's series Fireman Sam from its streaming site after a character appeared to tread on a page of the Qur'an.

HIT Entertainment, which produced the show, has apologized "unreservedly" for the incident and says it has cut ties with the animation studio responsible.

In the animated show, a character trips on some paper on the floor of the fire station, sending several sheets of paper flying into the air, including one covered in what appears to be Arabic script.

The production company says the page was intended to show illegible text.

THE ASSOCIATED PRESS



Fireman Sam.
HIT ENTERTAINMENT

5

WORST MOTHERS IN CINEMATIC HISTORY

Bad mothers may be getting their very own summer comedy but malfunctioning mommas have been part of cinema lore for ages. With the release of *Bad Moms* this weekend, Metro looks at what lessons we could learn from the worst matriarchs in movie history.

STEVE GOW METRO CANADA



Norma Bates: *Psycho*

Norman Bates's mom literally drove him nuts. In the 1960 horror classic, the innkeeper became so obsessed with his mother's repressive smothering that he murdered her in a jealous rage after she found a lover. Oh, and then he kept the corpse in the cellar and began dressing up as mama to target other women.

Lesson learned: Give your kid some breathing room.



Mary: *Precious*

Mo'Nique won an Oscar in 2009 for her terrifying portrayal of a monster matriarch. All poor pregnant teen Precious wants is to get out of the ghetto but when an opportunity arises, her perpetually angry, welfare-sucking mama sidetracks the abused adolescent.

Lesson learned: Don't blame your children for your own miserable problems.



The Queen: *Snow White*

She wanted to be the "fairest one of all" but the only thing The Queen in *Snow White* ever deserved was the "worst stepmother in all of cinema history." Wickedly vain, The Queen grew so jealous of her innocent stepdaughter's beauty, she kicked the girl out of the house, put a hit on her and passed her a poisoned apple. Jeez, get over yourself, already.

Lesson learned: Stop staring in the mirror. Your kids are beautiful too.



Kevin's mom: *Home Alone*

In this 1990 comedy, Catherine O'Hara's negligent mother forgot to pack preteen Kevin (Macaulay Culkin) when she goes on vacation, leaving him home alone to combat burglars. In the following sequel, she left poor Kevin abandoned on the streets of Manhattan. Child services would not approve.

Lesson learned: Don't forget your child exists.

Joan Crawford: *Mommie Dearest*

Based on an adopted daughter's memoir, this 1981 portrayal of Joan Crawford shows the screen-legend as a sadistic, abusive alcoholic who put her ego above her kids. Joan not only screams at her children, she whacks them with coat hangers and chokes her daughter when she admits she's "not one of her fans."

Lesson learned: Don't mix motherhood and showbiz.



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DISCOVER

Forget the Strip, this desert city is full of surprises

Nichole Jankowski
For Metro Canada

It's easy to follow the madding crowd in Las Vegas — last year, three out of every four visitors stayed on the Strip.

A privately-owned monorail shuttles passengers the 6.4 kilometres between seven major hotels and casinos, while pedestrian bridges restrict as much as they facilitate movement by requiring those on foot to walk to well-separated staircases and climb two stories just to cross Las Vegas Boulevard.

The Strip is designed so much with tourists in mind that, the story goes, when MGM built its mixed-use CityCenter it did not include a grocery store or school.

Outside of this stretch, however, there are neighbourhoods planning for community — this is the Las Vegas you'll want to take in when the buzz from your electric-guitar-sized to-go cup starts to wear off.

First up is the Downtown Container Park, an open-air entertainment and shopping centre made of repurposed shipping containers, that opened in the East Fremont neighbourhood in 2013.

Entrepreneur Tony Hsieh put

\$350 million into the project to renovate the municipality's true downtown. The small storefronts keep startup costs low, and short-term leases and loans are available for new businesses. Inside the compound are specialty shops like Art Box, which sells the work of local artists and crafters; Simply Pure, a vegan and raw restaurant; and SasaSweets Chill Spot, famous for its artisan popsicles.

Gentrification is spotty, but a couple blocks west a few new bars have opened, including Park on Fremont and Commonwealth, and a renovated El Cortez Cabana Suites provides affordable accommodation despite not having access to the amenities of the Strip.

Abandoned buildings still dot the area, but locals are fighting back with Life is Beautiful. The music and arts festival, which runs Sept. 23-25, boasts headliners Mumford & Sons, The Lumineers and J. Cole this year. There's also a lineup of chefs and educational speakers, but it's the art that makes an impact year-round.

Internationally renowned street artists like D*Face, Borondo and Zio Ziegler are brought in to paint colourful murals on existing and shuttered businesses. These works have become a destination in themselves and the foot traffic is said to be helping reduce crime in the area.

More recently, planners for Strip properties have taken note: the newly opened outdoor corridor between the New York New York and Monte Carlo resorts and the T-Mobile Arena offers a safe, walkable dining and entertainment district that includes public art; its centrepiece a 40-foot-tall sculpture of a dancing woman by artist Marco Cochrane.

To get the big picture, further down the Strip a London Eye-like ferris wheel called the High Roller offers a spectacular view that tops out at 550 feet. A full revolution takes 30 minutes, so head out just before sundown if you literally want to see change on the horizon.

Bliss Dance, a 40-foot-tall piece by Marco Cochrane, in Sculpture at the Park. NICHOLE JANKOWSKI/FOR METRO

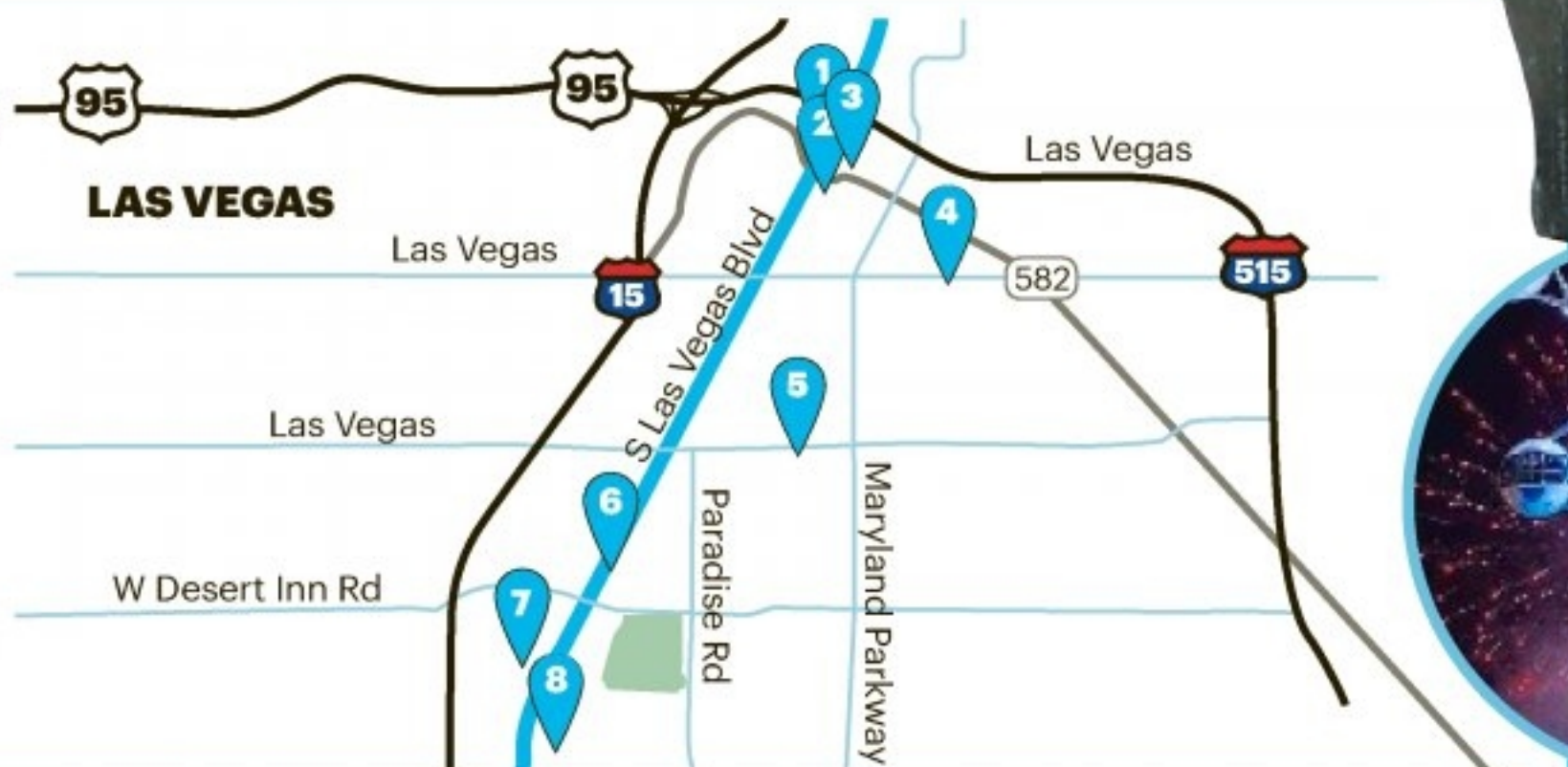


MAP

Las Vegas Shortlist

Quick ideas for where to go when you visit:

- 1 Downtown Container Park
- 2 Gold Spike
- 3 Park on Fremont
- 4 Tacos El Gordo
- 5 Peppermill Fireside Lounge
- 6 Mystère by Cirque de Soleil
- 7 High Roller
- 8 The Park Las Vegas



TRAVEL NOTES NEW FLIGHTS AND QUIET BEACHES

Funding for recreation vehicles

Recreation areas in the Ghost public land use zone, a 1,500-square-kilometre tract east of Banff National Park, will be upgraded to accommodate large recreation vehicles, Travel Alberta says. Five areas will receive \$2.5 million for work that includes widening campground roads and campsites. As well, bear-proof garbage receptacles and new washroom facilities will be provided. The work is to begin next year and be completed by 2018-19. THE CANADIAN PRESS



Banff National Park. TRAVEL ALBERTA

New routes for WestJet

WestJet has announced it will add dozens of new flights to its domestic and international networks as part of its 2016-2017 winter schedule. Scheduled to start in late October, new international destinations include Myrtle Beach, S.C., Kingston, Jamaica, as well as cities in Costa Rica, Trinidad and Tobago, Aruba, St. Martin, Los Angeles, Honolulu and the Mexican cities of Cancun and Cabo San Lucas. THE CANADIAN PRESS



WestJet. TORSTAR NEWS SERVICE

Seaside Heights bans speakers

The New Jersey town featured on Jersey Shore is ready for some quiet time on its beaches. Seaside Heights is banning speakers, boomboxes and any other devices that amplify music from its beaches, beginning this month. It's part of a 60-day experiment. Borough administrator Christopher Vaz told NJ.com the council received complaints about loud music, and lifeguards have reported confrontations between beachgoers. THE ASSOCIATED PRESS



Seaside Heights. THE ASSOCIATED PRESS

This hotel is all about Cristiano Ronaldo

SPORTS FAN

Guest rooms feature grass carpets and soccer art

Suffering from Euro Cup withdrawal? Visit the home of this year's newly minted champs and immerse yourself in a Cristiano Ronaldo-themed hotel. In partnership with Pestana Hotel Group, the Portuguese soccer player has opened the first of four new hotels in his hometown Funchal on the charming island of Madeira — with three more to follow in Lisbon, Madrid and New York in 2017.

Games room

The new Pestana CR7 Funchal in Madeira has 48 rooms and one CR7 (Ronaldo's initials plus jersey number) suite, which comes equipped with cardio workout gear, yoga mats, a 48-inch HD TV, Apple TV, and a PlayStation 4 loaded with games and accompanying virtual-reality glasses.



Guest rooms at the newly opened Pestana CR7 Funchal feature grassed carpets, locker-looking closets, and Cristiano Ronaldo-themed soccer art. HANDOUT

Sacred space

Contemporary lifestyle spaces throughout the hotel reflect the CR7 brand and Ronaldo in all his glory — slick, stylish and flashy. Ronaldo's signature fragrance and soccer-themed art are in every room, and his mottos, such as "work hard, play harder" and "to be the best, you need the best" adorn the walls.

Ultimate gift shop

If you don't get your fill of Ronaldo in the actual hotel, don't worry — it's adjacent to the Mu-

seu CR7, an entire museum dedicated to him. Endless rows of glass cases display shiny trophies and soccer balls from games in which the star scored three or more goals. Fans will want to pick up a souvenir from the museum's gift shop, stocked with signed soccer paraphernalia and the CR7 clothing line.

Details

Find out more at pestanacr7.com/en. Rooms start at \$245 (Canadian) per night. TORSTAR NEWS SERVICE

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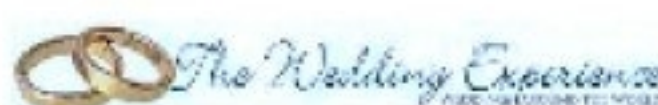
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CITY LIFE

Local markets are reaping to benefits of a health-conscious city

Montreal hosts four year-round markets and an array of smaller seasonal ones where producers showcase their fruits, vegetables, meats and other products.

Although the history of public markets dates back to the city's founding, most of Montreal's current ones originated in the early part of the 20th century.

While the rise of big grocery stores once ate into their profits, they have been booming in recent years thanks to renewed public interest in knowing where food comes from.

"People are more concerned about what they're eating," says Lysianne David, a spokeswoman for Montreal's Public Markets, the group that manages the markets.

"They want to know if it's organic, where it came from, and they don't want products that come from far away."

Featured market offerings — like farms themselves — shift with the seasons: Christmas trees in December, maple syrup in early spring, and berries and sweet corn during summer months.

Year-round, shoppers can also pick up fresh fish, cuts of meat, cheese, specialty products, prepared food and flowers. THE CANADIAN PRESS



IF YOU GO...
Opening hours and schedules can be found at marchespublics-mtl.com

Marché Jean Talon, 7070 Henri-Julien Ave.

With 2.5 million visitors per year, Jean-Talon bills itself as one of North America's largest open-air markets.

It was built in 1933 and owes much of its European feel to the large number of Italian immigrants who migrated to the area in the first part of the 20th century.

The city's liveliest and most crowded market hosts 20 boutiques and dozens of stalls selling everything from fruits and vegetables to fresh lobsters and ice cream.

On a recent day, Isabelle Lacroix was selling lettuce, tomatoes, herbs, lettuce and beets — just as her father did in the 1960s.

Down another aisle at a colourful stand representing Intermiel, a bee farm in Mirabel, Que., a vendor cheerfully explained the company's range of unpasteurized honey products.

At the booth for an organic agriculture collective, employee Mia Dansereau said the week's star product was the season's first field-grown eggplants.

"People like to shop at the markets because it lets them see what's new each week, and eat the way the agriculture is done," she said.

Maisonneuve Market, 4445 Ontario St. E.

Located in the eastern borough of Hochelaga-Maisonneuve, this market was closed in the 1960s but was reopened in 1980 thanks to a citizen-led campaign.

It has about 40 outdoor stalls featuring seasonal local products, as well as a dozen permanent stores.

Until September the market is hosting "gourmet Fridays," when customers can meet producers and sample featured products such as cheeses, oils and vegan sausage.



Atwater Market, 138 Atwater Ave.

This market is held in a large art deco building that borders the city's Lachine canal and its bike path, making it a popular stop for southwest residents who can be seen lounging in the public spaces along the waterfront in the summer.

Montreal's second-largest market has a number of stands selling fruits and vegetables, as well as cheese shops, a fish store, bakery and several butchers.

On a July day, Quebec-grown strawberries and raspberries were on prominent display, while a vendor outside did brisk business selling sweet corn out of a red flatbed wagon at \$6.50 a dozen.

Inside high-end boutique Les Gourmands du Marche, clients perused full walls dedicated to various olive oils, vinegars and hot sauces.

Tina, an employee who declined to give her last name, said many of the Atwater market's clients come to find something specific.

"It's a great vibe and I really enjoy the clientele," she said. "It's very diversified but very knowledgeable, really interested in nice products."

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MARKETS

The borough of **Lachine** hosts its own market, as do many suburbs including **Longueuil** and **Sainte-Anne-de-Bellevue**.

There are other small seasonal markets scattered around the city, most of them located near **subway station** entrances.

According to David, these serve mostly a **local clientele** and each one may offer something different.



Photo: Jessica Emin

Little Oak is Halifax's Newest Waterfront Destination

There's a brand new reason to visit the Halifax waterfront. The boardwalk culinary scene has an exciting addition to announce—Little Oak at Bishop's Landing.

Open 1:00pm until late, they're not just a late-night spot for those who prefer a well-crafted cocktail (although they're exceptional at that). Little Oak is also a welcome addition to the downtown lunch lineup. The decadent small plates on offer change daily, depending on what's fresh at the Seaport Farmers' Market less than 500m away. Your brown bag can't compete with this menu, and your office window likely falls short of the view from their oceanside patio.

Little Oak's wine and spirits menu wouldn't be out of place in a restaurant

thrice its size and is designed to impress. Choose from incredible cocktails or experience beautiful wines extracted using a Coravin Wine System, preserving the freshness of an unopened bottle while allowing by-the-glass pours.

Soak up the finest days of summer on Little Oak's newly-opened patio, or arrive early for a coveted seat inside. Enjoy the freshness of their menu, the layered complexity of a well-made drink, and the company of your closest friends—who, like you, discovered Little Oak just as it planted its roots.

Little Oak opens for lunch at 1pm and stays open late, every day except Wednesday. No reservations.

Haskapa Grows with Second Store in Bishop's Landing

The word "haskap" means "little present at the end of the branch". That's the name given to this berry in its native Japan, where it is also called "the fruit of longevity". Growers call it the perfect berry. First-time tasters call it delicious. And now, Haskapa calls Bishop's Landing home.

In 2011, the berry experts behind Haskapa discovered just how well the haskap berry grows in Nova Scotian soil. Their experiments with haskaps—which taste like blueberry mixed with raspberry and a hint of elderberry—resulted in a range of deliciously innovative products, all of which can be found in their new store.

Haskap juices, condiments, chocolates, spirits, and even body scrubs are on offer, all bursting with unique flavours and aromas. Haskapa also just released a line of powdered haskap berries which maintains 94% of the berry's healthy bioactive compounds throughout the manufacturing process. If your smoothie routine has become, well, routine, new Haskapa pure berry powder will revitalize your mornings with a powerful antioxidant boost.

With so many locally harvested products in store, Haskapa is the natural choice when shopping for an authentic taste of Nova Scotia. It's the waterfront's most exciting new place for gifts, treats, and brilliant berry inspiration for your palate.

Haskapa is open from 10am—6pm Sun, 10am—7pm Mon—Weds, and from 10am—8:30pm Thurs - Sat.



At 1475 Lower Water St, Bishop's Landing is home to some of Halifax's finest independent restaurants, boutiques, and local businesses and services, including:

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Ex-NFLer Warren Sapp is OK but might need stitches after being bitten on the arm by a reported four-foot nurse shark while lobster fishing in Florida

Walker on path for major breakthrough

PGA CHAMPIONSHIP

48th-ranked golfer grabs early lead with 5-under 65

The search for another first-time major champion in the final one of the year began Thursday with Jimmy Walker at the PGA Championship.

Walker had no problem with the stifling heat at Baltusrol, and he was thrilled to see some putts finally go in. It led to six birdies on his way to a 5-under 65 and a one-shot lead over Emiliano Grillo, Ross Fisher and Martin Kaymer.

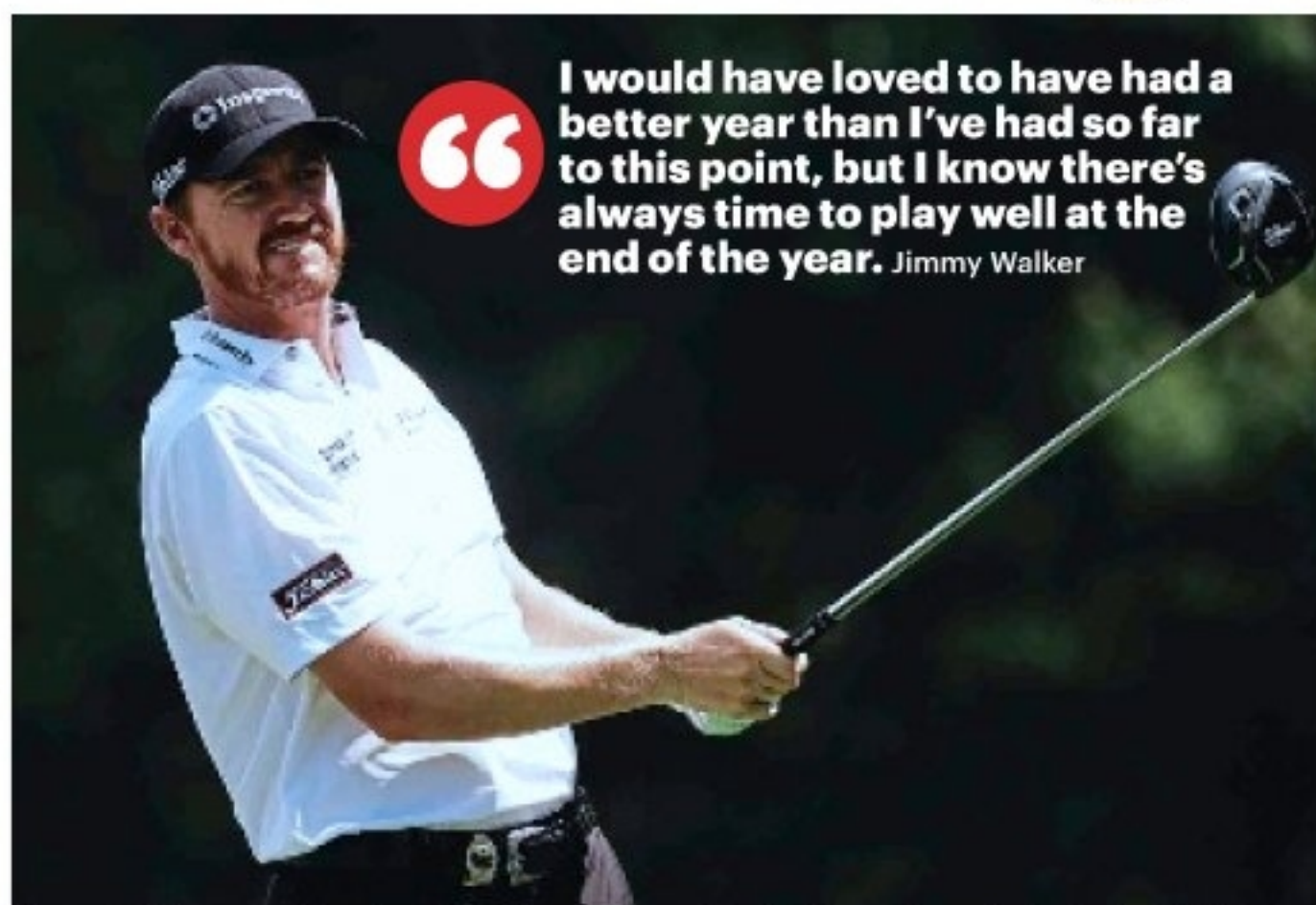
It was Walker's best score in a major.

"I feel like all year it's just been real stale and stagnant," Walker said. "It's just ebbs and flows of golf. Just haven't been scoring ... It's frustrating. I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year."

And this would be a good place to start.

If someone like Walker were to win the PGA Championship, it would be only the fifth time dating to 1934 that the four majors were swept by first-timers.

"I don't think it's a coincidence or anything," Walker said. "They are all good players



Jimmy Walker tees off on the sixth hole at Baltusrol Golf Club on Thursday in Springfield, N.J.

STREETER LECKA/GETTY IMAGES

"I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year. Jimmy Walker

MORE SCORES

Henrik Stenson	-3	67
Rickie Fowler	-2	68
Jordan Spieth	E	70
Phil Mickelson	+1	71
Rory McIlroy	+4	74
Dustin Johnson	+7	77

lower than usual on the FedEx Cup (No. 50), and he is No. 48 in the world. There's also that Ryder Cup at the end of the year. And with only a month to qualify, he could make up for a lot of stale golf at the final major of the year, where points are worth double.

All anyone was looking for Thursday was a good start.

Grillo, the young Argentine coming off a tie for 12th at the British Open, was at 4 under

with the two par 5s at the end to play. He had to settle for par on both. Fisher birdied them both to join Grillo and Kaymer at 66.

Harris English, Andy Sullivan and James Hahn were among those at 67.

Defending champion Jason Day, who played only one practice round Wednesday at Baltusrol, kept it in play and made enough putts for a solid 68.

THE ASSOCIATED PRESS

and it was just a matter of time. So just keep that rolling." Walker mentioned being

ROGERS CUP

Monfils takes down Goffin in three sets

France's Gael Monfils topped Belgium's David Goffin 7-6 (5), 2-6, 6-4, on Thursday in the third round of the Rogers Cup in Toronto.

Goffin lost the match when he put a backhand into the net, with Monfils pumping his fist in celebration on the grandstand court.

Monfils will play the winner of the match between Canadian Milos Raonic and American qualifier Jared Donaldson in the quarter-finals.

"I love to play when it's crowded, and if the crowd is for the other one, it's fine," said Monfils, adding with a smile: "I expect a very good match."

Top-seeded Novak Djokovic

was scheduled to face Radek Stjepanek after Raonic's match on centre court.

Earlier in the day, second seeded Stan Wawrinka of Switzerland downed American Jack Sock 7-6 (3), 6-2.

Sock forced a tie-break in the first set but Wawrinka won four consecutive points to win the set.

Wawrinka put Sock away quickly in the second set, jumping out to a 4-0 lead and then serving out

to win the match. Also, Japan's Kei Nishikori topped Rajeev Ram of the United States 6-3, 6-4 and South Africa's Kevin Anderson beat Australia's Bernard Tomic 6-4, 3-6, 6-4. THE CANADIAN PRESS

13
Monfils racked up 13 aces to Goffin's three.

FOOTBALL IN BRIEF



You might only get one, so you gotta make the best of it.

Jimmy Garoppolo on his opportunity to start the NFL season as the Patriots' starting QB with Tom Brady serving a suspension

Poor ratings force college games off of New Year's Eve

The College Football Playoff has abandoned a plan to play most of its semifinals on New Year's Eve after television ratings tumbled last year, moving the dates of future games to ensure they will be played either on a weekend or a holiday.

The changes will start with the 2018 season. Ratings for last year's semifinals played on Thursday, Dec. 31, dropped 36 per cent from the semifinals played the season before on New Year's Day. THE ASSOCIATED PRESS

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Herdman has hopes for youth boost

ROAD TO Rio
Warming up for kickoff

Canada coach looked to NFL guru to inspire latest lineup

In the wake of Canada's disappointing exit in the quarter-finals of last summer's home-soil Women's World Cup, head coach John Herdman said he needed time to think and someone to talk to.

Among his sounding boards was Pete Carroll, a guru of that

other kind of football and coach of the NFL's Seattle Seahawks. A mutual friend teed up a meeting and Herdman made the drive from his Vancouver home to the Seahawks' home base.

"We talked about some things, like our failings and what led to those things, and looking ahead to the future.... He was an excellent listener

and he provoked my thinking," Herdman said in a recent interview.

Herdman's main takeaway from his time with Carroll?

"Probably the biggest thing he said that stuck with me was, 'Give those rookies their shot,'" Herdman said. "Pete just gave us the courage to really thrust them

in, as opposed to carefully — and too carefully — manicuring them in."

That youth will be attempting to build upon its bronze-medal performance in 2012 when Herdman's team delivered some of the top moments of the Games.

The bar for future success was set awfully high so after failing to reach it a year ago, Herdman has made changes he insists make for a superior unit.

"The last team, I had nine months to work with them."

Canada will look to Ashley Lawrence to lead the program's next generation. GETTY IMAGES



This group, we've been working for four years to get to this point," Herdman said. "It's always hard to say, 'Is it better?' But in my mind, to be able to have four years of preparation, it's a better team."

Better and younger, thanks in part to Carroll's urgings. Christine Sinclair remains the centerpiece up front and veterans are still at the core of the squad. But the injection of the likes of 21-year-olds Ashley Lawrence and Janine Beckie, 18-year-old Jessie Fleming and 17-year-old Deanne Rose makes sense for these Games and the next.

"When is the right time (for youth)? Is it now? Is it tomorrow? Is it in three years' time? I think after the World Cup we realized we needed to add more faces to the team," Herdman said. "We needed to add more craft and guile to our possession and attacking play. And these young players were showing they had that in them ... It's been a great journey. Four years of work. We're well-positioned for these Olympics."



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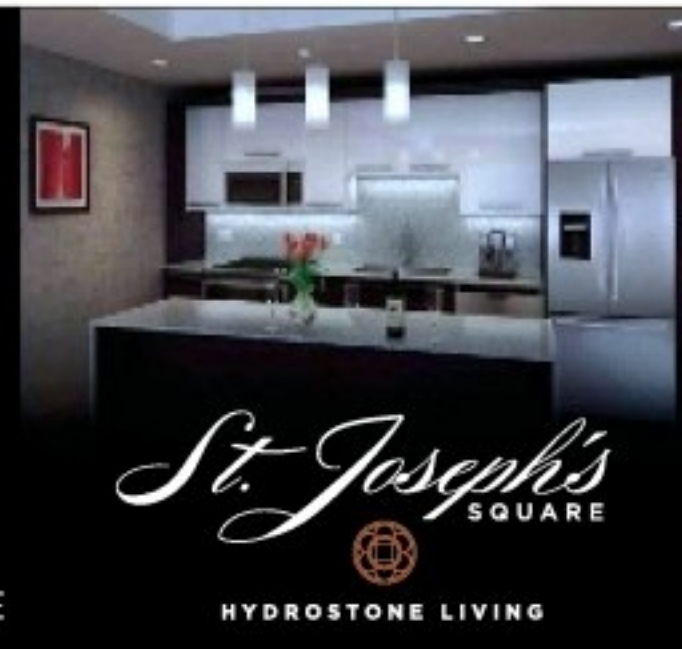
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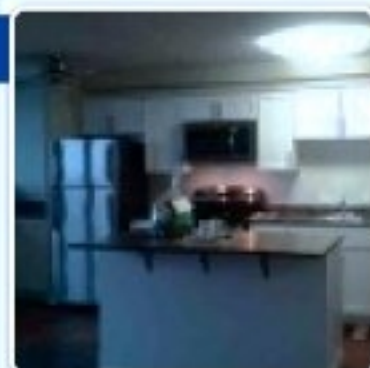
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PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Ingredients

- Pumpkin Bread
- butter
- Dijon mustard (optional)
- cremini mushrooms, thinly sliced
- pears, thinly sliced
- Fontina cheese, grated

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in your sliced mushrooms and push them around until they soften

up. Remove from pan and set aside. Wipe out your pan.

2. Butter the bread (and swipe the other side with a bit of Dijon for adventurous kids or adults) and place each piece in the pan, butter side down. Place a good handful of Fontina on each, then press down a couple of slices of pear, followed by a good spoonful of mushrooms. Place another piece of Pumpkin Bread on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

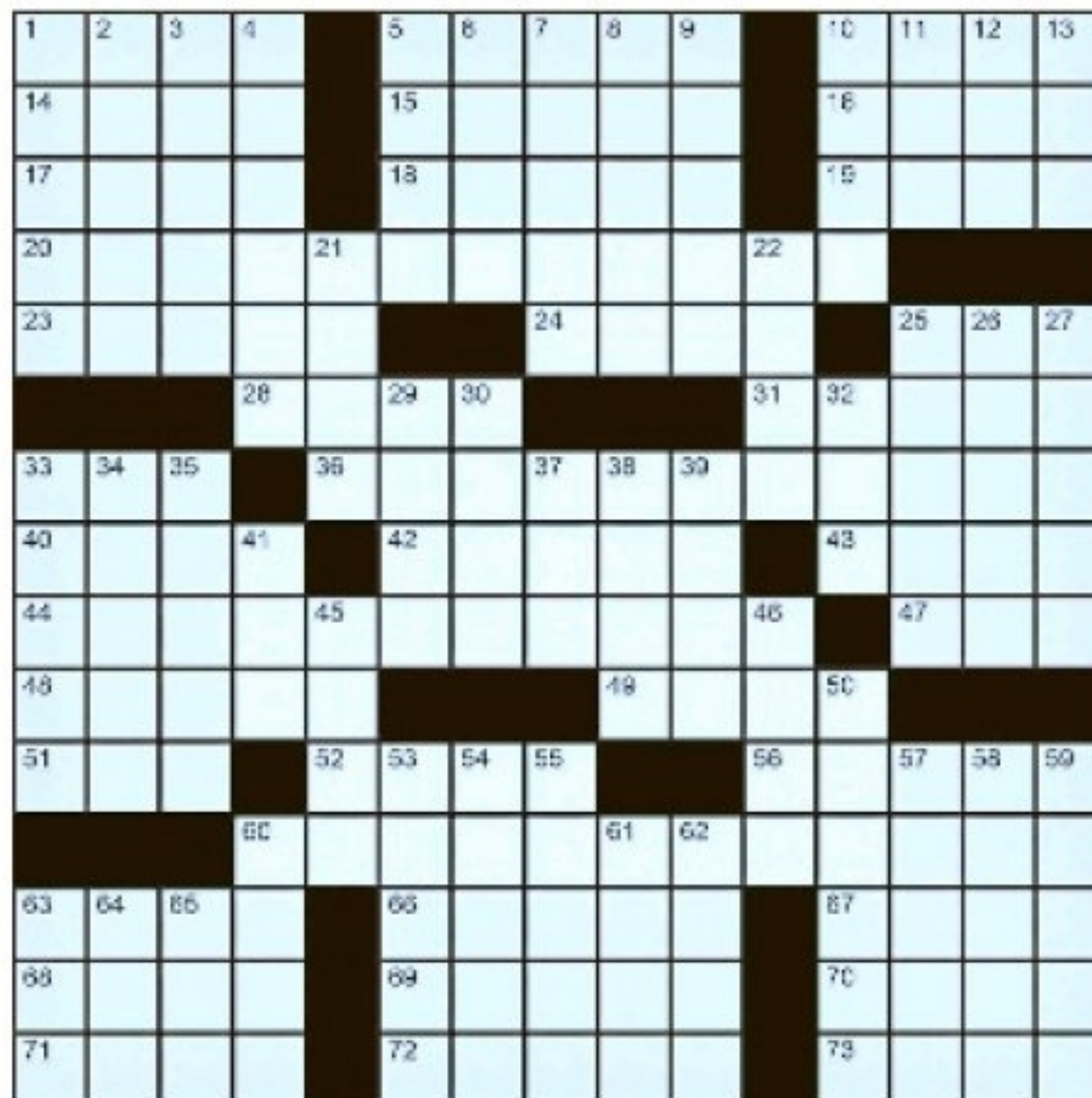
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- Same, in Sherbrooke
- Love, in Venice
- Hound's "Hey!" holler
- Ancient concert sites
- New Guinea
- Glimpse
- Group of Seven painter whose works are currently being exhibited at the Art Gallery of Ontario in Toronto: 2 wds.
- Result
- Ms. Redgrave
- and flow
- Alberta, e.g.
- Showy variety of lily
- TV Cousin
- American comedian/writer/actor who is a co-curator of the exhibit at #20-Across: 2 wds.
- crust pizza
- Astrological aspect; or, Deuce-ace
- Part of speech, e.g.
- "Planes, Trains and (1987)
- Stop- (1987)
- Doubled-lettered-starting creature
- Mix
- Currency in Japan
- Ivy League school



- Preference
- North Shore, (1926 oil on canvas by #20-Across)
- Dawn love song
- "I" of IV
- Rock music's Better Than
- Forest mammal
- Marketing

- link: 2 wds.
- Hobby shop items
 - Dungeon-like
 - Have egg (Have savings)
 - planting ceremony

DOWN

- Arcade game, Whac- (1987)
- Vehicle variety
- Some ducks
- Shred the sheets: 2 wds.
- Crunch (Breakfast cereal)
- Nursemaid
- Certain cactus
- England: Theatre Royal Lane (West End theatre in London)
- Wish wistfully
- Ophthalmologist's interest
- Not-no
- Matterhorn, for one

- Operative
- 'Ballad' suffixes
- King Atahualpa, for one
- Musicdom's Sir John
- Flashy jewellery
- Instrument played by #36-Across
- Mr. Preminger
- Action word
- Curve
- Po River locale
- Mount, Bylot Island (Painting of 1930 by the Brantford, Ontario born artist at #20-Across)
- Greek Myth: Prometheus, for one
- Gladiator's lucky number
- Photocopies made bigger, for short
- Convene
- de plume
- Ms. Angelou
- Venue
- Most unique
- Dog of Japan
- Russian leader, b.1870 - d.1924
- Cosmetics company, Lauder
- Measuring person, say
- Dessert selection
- Obliterate
- Songbird sort
- Leon (Exodus author)
- Hound's huff
- Do 'plus' work
- Musicals star Ms. Salonga
- Mr. Mulroney

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sports events, romantic dates and time spent with children are areas where you might lose your temper today. Your objective is to have fun today. Keep this in mind.

Taurus April 21 - May 21
Avoid family squabbles or conflict with partners today, because you need this like a fish needs a bicycle. Stay mum and do everything (including you) a favour.

Gemini May 22 - June 21
Don't try to win an argument today. Don't try to make a point. Demonstrate grace under pressure. Be a role model for others.

Cancer June 22 - July 23
Money squabbles are likely today, especially over children or social situations. Money is always a tricky thing between friends and romantic partners.

Leo July 24 - Aug. 23
Most people are touchy and irritable today, which is why you have to tread carefully. You might feel that you have to defend your ideas or beliefs when talking to someone. Oh well.

Virgo Aug. 24 - Sept. 23
Something going on behind the scenes might annoy you or become annoying for someone else. Assume nothing. Be prepared to smooth-talk your way out of something.

Libra Sept. 24 - Oct. 23
Quarrels with friends or members of groups might occur today. Think of the downside, especially for the future. Don't make a scene. Anger serves no purpose other than to make everyone else miserable.

Scorpio Oct. 24 - Nov. 22
You might be intimidated by someone in a position of power today because he or she is rude or coming on strong. That's his or her problem. You don't have to react.

Sagittarius Nov. 23 - Dec. 21
Do not preach or proselytize to others today because it won't work. People will object. In fact, some people are waiting for an excuse to fight. Don't give it to them.

Capricorn Dec. 22 - Jan. 20
Postpone discussions about shared property and inheritances for another day, because something will go south fast today. Easy does it.

Aquarius Jan. 21 - Feb. 19
It's not easy dealing with people today, especially bosses and partners. Before you know it, they are at loggerheads. Run away! Run away!

Pisces Feb. 20 - March 20
Another argumentative day! The difference today is that arguments will likely take place at work. Chill out. Stay on good terms with co-workers because you have to work with them tomorrow and tomorrow and tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

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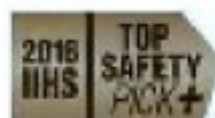
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2017
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